

SECTION III

HEALTHY PEOPLE 2010

LEADING HEALTH INDICATORS

HEALTHY PEOPLE 2010 : LEADING HEALTH INDICATORS

The Healthy People 2010 initiative is a continuation of the Healthy People health promotion, disease prevention process. Healthy People 2010 includes 467 objectives within 28 unique focus areas. The Leading Health Indicators (LHIs) represent a subset of health measures among 10 of the 28 focus areas. Imbedded within the 10 LHIs are approximately 23 sub-objectives. This section summarizes the baseline, target, current U.S. value, and current Maryland value, where available, for each of the health status objectives designated as a LHI. Current Maryland values could not be reported for several sub-objectives due to data limitations. These included: access to ongoing care, environmental quality, mental health, physical activity and obesity in adolescents, and responsible sexual behavior.

Summarized below are the LHIs where Maryland met or surpassed the Healthy People 2010 target, or the most recent U.S. value.

Maryland meets or exceeds the Healthy People 2010 target

- Recommended vaccines (Children ages 19 to 35 months)
- Past month illicit drug use (Adolescents ages 12 to 17)

Maryland meets or exceeds the most recent U.S value

- Health Insurance
- Early Prenatal Care
- Recommended Vaccines (Children ages 19 to 35 months)
- Fatal Motor Vehicle Crashes
- Moderate Physical Activity (Adults)
- Cigarette Smoking (Adults)
- Cigarette Smoking (High school students, grades 9 to 12)
- Past Month Illicit Drug Use (Adolescents ages 12 to 17)
- Past Month Alcohol Use (Adolescents ages 12 to 17)
- Past Month Illicit Drug Use (Adults)

HEALTHY PEOPLE 2010: LEADING HEALTH INDICATORS

Indicator		Current MD Value	Current US Value	Healthy People 2010 Baseline	Healthy People 2010 Target
Access					
Obj 1-1	Increase the proportion of persons with health insurance	90.1%	86%	83%	100%
Obj 1-4a	Increase the proportion of persons who have a specific source of ongoing care for all ages	N/A*	86%	87%	96%
Obj 16-6a	Increase the proportion of pregnant women who receive early and adequate prenatal care beginning in the first trimester of pregnancy	87% live births	83% live births	83% live births	90%
Environmental Quality					
Obj 8-1a	Reduce the proportion of persons exposed to air that does not meet the US EPA's health-based standards for ozone	N/A*	42%	43%	0%
Obj 27-10	Reduce the proportion of nonsmokers exposed to environmental tobacco smoke	N/A*	65%	65%	45%
Immunization					
Obj 14-24	Increase the proportion of young children aged 19-35 months who received the recommended vaccines (4:3:3:1)	80%	78%	73%	80%
Obj 14-29a	Increase the proportion of adults who are vaccinated annually against influenza (ages 65+)	62.6%	67.4%	63%	90%
Obj 14-29b	Increase the proportion of adults who were ever vaccinated against pneumococcal disease (ages 65+)	54.1%	54.9%	43%	90%

Access				Environmental Quality				Immunization			
MD Value	US Value	Baseline		MD Value	US Value	Baseline		MD Value	US Value	Baseline	
1-4a. 1998	1999	1997		8-1a. N/A	2000	1997		14-24. 2000	2000	1998	
1-4a. N/A	1999	1997		27-10. N/A	1988-94	1988-94		14-29a. 1999	1999	1997	
1-16a. 1999	1999	1998						14-29b. 1999	1999	1997	

Obj = Objective from relevant Healthy People 2010 citation
 *N/A = Not available

Met or exceeded the Healthy People 2010 target.
Met or exceeded the most recent U.S. value.

Indicator		Current MD Value	Current US Value	Healthy People 2010 Baseline	Healthy People 2010 Target
Injury and Violence					
Obj 15-15a	Reduce deaths caused by motor vehicle crashes	12.5 per 100,000	15.6 per 100,000	15.0 per 100,000*	9.2
Obj 15-32	Reduce homicides	11.0 per 100,000	6.6 per 100,000	6.2 per 100,000*	3.0
Mental Health					
Obj 18-9b	Increase the proportion of adults with mental disorders with recognized depressions receiving treatment	N/A**	47%	23%	50%

Injury and Violence				Mental Health			
MD Value	US Value	Baseline		MD Value	US Value	Baseline	
15-15a. 1998	1998	1999		18-9b. N/A	2001	1997	
15-32. 1998	1998	1999					

Obj = Objective from relevant Healthy People 2010 citation

*Baseline mortality rates were changed to 1999 and used the ICD-10th revision, effective September 2002.

**N/A = Not available

Met or exceeded the most recent U.S. value.

HEALTHY PEOPLE 2010: LEADING HEALTH INDICATORS

Indicator		Current MD Value	Current US Value	Healthy People 2010 Baseline	Healthy People 2010 Target
Physical Activity					
Obj 22-2	Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day	28.3%	26.2%	32%	50%
Obj 22-7	Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 minutes or more per occasion	N/A*	65%	65%	85%
Overweight and Obesity					
Obj 19-2	Reduce the proportion of adults who are obese	20.2%	20.1%	23%	15%
Obj 19-3a	Reduce the proportion of children and adolescents aged 6 to 11 years who are overweight or obese	N/A*	13%	11%	5%
Obj 19-3b	Reduce the proportion of children and adolescents aged 12 to 19 years who are overweight or obese	N/A*	14%	11%	5%

Physical Activity				Overweight and Obesity			
MD Value	US Value	Baseline		MD Value	US Value	Baseline	
22-2.	2000	2000	1997	19-2.	2000	2000	1988-94
22-7.	N/A	1999	1999	19-3a.	N/A	1999	1988-94
				19-3b.	N/A	1999	1988-94

Obj = Objective from relevant Healthy People 2010 citation

*N/A = Not available

Met or exceeded the most recent U.S. value.

Indicator		Current MD Value	Current US Value	Healthy People 2010 Baseline	Healthy People 2010 Target
Responsible Sexual Behavior					
Obj 25-11	Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active	N/A*	85%	85%	95%
	Never had sexual intercourse	N/A*	50%	50%	----
	No intercourse in past 3 months	N/A*	14%	14%	----
	Used condom at last intercourse (sexually active)	N/A*	21%	21%	----
Obj 13-6	Increase the proportion of females, age 18 to 44 years, who use condoms	N/A*	23%	23%	50%

Responsible Sexual Behavior			
MD Value	US Value	Baseline	
25-11.	N/A	1999	1999
13-6.	N/A	1995	1995

Obj = Objective from relevant Healthy People 2010 citation

*N/A = Not available

Indicator		Current MD Value	Current US Value	Healthy People 2010 Baseline	Healthy People 2010 Target
Tobacco Use					
Obj 27-1a	Reduce cigarette smoking by adults (BRFSS)	20.5%	23%	24%	12%
Obj 27-2b	Reduce past month cigarette use by adolescents				
	High School Students (Grades 9 to 12);	23.7%	28.0%	35%	16%
Substance Abuse					
Obj 26-10a	Increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days	N/A*	N/A*	79%	
	No past month illicit drug use (Ages 12 to 17)	90.8%	90.1%	81%	89%
	No past month alcohol use (Ages 12 to 17)	86.7%	83.4%	90%	89%
26-10c	Reduce the proportion of adults using any illicit drug during the past 30 days	4.8%	6.0%	5.8%	2%
26-11c	Reduce the proportion of adults engaging in binge drinking of alcoholic beverages (NHSDA)	16.4%	21.4%	16.6%	6%
	Reduce the proportion of adults engaging in binge drinking of alcoholic beverages (BRFSS)	15.9%	14.9%	16.6%	6%

Tobacco Use				Substance Abuse			
MD Value	US Value	Baseline		MD Value	US Value	Baseline	
27-1a.	2000	2000	1998	26-1a.	1999	1999	1998
27-2b.	2000	2000	1999	26-10c.	1999	1999	1998
				26-11c.	1999	1999	1998

Obj = Objective from relevant Healthy People 2010 citation

*N/A = Not available

Met or exceeded the Healthy People 2010 target.

Met or exceeded the most recent U.S. value.

HEALTHY PEOPLE 2010 : LEADING HEALTH INDICATORS

SOURCES

Access to Care

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Environmental Quality

- 8-1a Department of Health and Human Services, Centers For Disease Control and Prevention, CDC WONDER DATA2010, The Healthy People 2010 Database; <http://wonder.cdc.gov>.
- 27-10 Department of Health and Human Services, Centers For Disease Control and Prevention, CDC WONDER DATA2010, The Healthy People 2010 Database; <http://wonder.cdc.gov>.

Immunization

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- 14-29b Department of Health and Human Services, Centers For Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Adult and Community Health, Behavioral Risk Factor Surveillance System, 1999; www.cdc.gov/brfss – (6/5/02).

HEALTHY PEOPLE 2010: LEADING HEALTH INDICATORS

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Mental Health

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Overweight and Obesity

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HEALTHY PEOPLE 2010: LEADING HEALTH INDICATORS

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Cigarette Smoking

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Substance Abuse

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